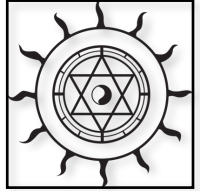


The ideal of the School of Metaphysics.....To aid any individual, willing to put forth the effort to become a whole functioning Self, not dependent on any person, place or thing for peace, contentment and security.

The purpose of the School of Metaphysics....To accelerate the evolution of humanity by ushering in Intuitive, Spiritual Man.

The activity of the School of Metaphysics is Teaching Teachers.

Vibrations



A Monthly Newsletter

Stillness

Coming Soon:

Celebration!

**50th Anniversary
of The School of
Metaphysics**



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Des Moines Stillness in Action

By: Wendi Olerich

Stillness. Not a word I would have associated with myself until recently. It seems I've been in constant motion since birth. Running around all summer catching butterflies, riding my bike, swimming, piano lessons, dance lessons, cheerleading, clubs - always something to do and somewhere to go. Then on to college, marriage, career, and finally my own kids and all their activities. My son Chris, now grown up with his own son, once described me in a school assignment as the Energizer Bunny. I took it as a compliment that I was an active mom, which I definitely was, especially since I was a single mom for most of his childhood. Not much time for stillness it seemed. I used to think of myself as "high strung," an expression I get from my mother. Basically, it means I had anxiety and I worried about everything, which can be overwhelming at times.

Enter the School of Metaphysics. Since joining my class last September, I've learned so much about using my power of concentration and training my mind to be still in meditation. I really did not know if it was possible for me to accomplish this task, but I really wanted to give it a shot. I knew that taking deep breaths and slowing my breathing was helpful before starting classes, but I needed more guidance. The breathing exercises really help to calm and keep me centered. I had the opportunity recently to share one of the breathing exercises with a good friend of mine who suffers debilitating anxiety at times. Even though she is taking prescribed medication for her panic disorder, she still can struggle. We did the exercise together (over video chat on the computer), and she was astounded at how wonderful she felt afterward. She now uses this on a regular basis to stay in the present and focused. I'm so happy to have passed on to her this simple, yet effective tool. This is what I mean by Stillness in Action. This is only one example of how stillness can be such a positive influence on someone's life. My life as well! I'm so thankful for SOM and my amazing teacher Mari, and how she has assisted me in learning how to declutter my mind, focus on breath, and to be Still.



Columbia Stillness

By: Kate Wagoner

Stillness has been an idea that I have grappled with for sometime. It is contradictory to my usually racing mind and body. However, Stillness has been an “Ideal” of mine for sometime now. I have a desire to move from believing to knowing in the practice and embodiment of Stillness.

My intention with practicing Stillness is to know my Self, as well as to better harmonize with my health analysis. My purpose with this is that the more I know my Self, the closer and closer I get to becoming a self realized, whole functioning Self. The activities I have been taking include sitting in silence for periods of time throughout my day, chanting meditations, and going on walks in nature and along residential neighborhoods, amongst other things.

One experience of Stillness I would like to share are my walks. They have become quite special to me. A particularly empowering experience I had was when I decided to leave my phone at my apartment and just BE, while walking with no time constraints and nowhere to be. On this walk, I started in a nearby neighborhood and made my way to a walking trail in nature that I love. It felt like I was seeing familiar parts of the world for the first time. I saw details on houses I had never noticed before, the leaves on the trees looked crisper, and I even noticed a deer while on the trail.

I felt like this experience was Sacred to me, as I allowed my mind to wander. Thoughts drifted in and out, and I was able to play the role of casual observer. While I have not quite mastered “Stillness” yet, I am trying my best, and that’s all I can ask of myself.



Tulsa Stillness

By: Jamie Leigh

Over the past month I've been working with how I create. Seeing opportunities where ego clings to old ideas bringing old emotions to the surface.

A few weeks ago I had locked my keys in the trunk of my car late at night, far from home, struggling to find resolution. After several attempts to find help I finally had a tow company lined up. It was going to cost me \$200. I told them I would call back. It was a lot of money. I started to get sad, believing that no one cared, that I was alone and unsupported. In that moment I decided to call my dad whom I haven't spoken to in 9 months, and haven't been close with for 3 years. He told me he didn't know what I wanted him to do about it and hung up the phone. Immediately I was a victim. I had someone to blame. My dad didn't care, he didn't love me, he left me. When I felt my ego whispering this in my ear, I took a breath. I quieted my mind and became still. I wasn't surprised at my dad's response, but it hurt. So why would I call my dad knowing that would be his response? I had done it so I could say dad doesn't love me. I had hurt myself on purpose. I removed responsibility from myself for my creation.

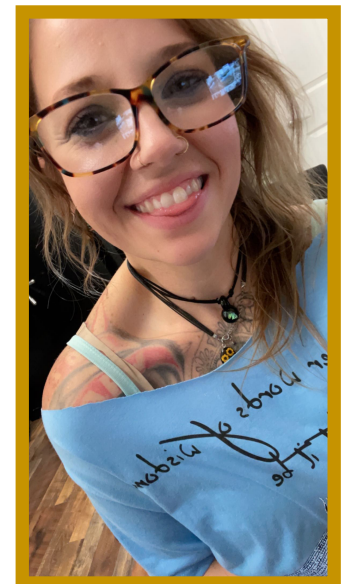
I called the tow company and agreed to the \$200 cost. They showed up earlier than expected. However they told me that they did not have the tools to open a trunk. But they offered to help me anyway. I had already taken my seats out of my car to find a way in. I had mentioned that I was in a hurry at the gas station earlier that night and didn't help someone who needed their car jumped. I had felt bad about it and felt that's why this happened. After 20 mins we finally got my keys out and all was well. When I asked about price I was told I owed nothing. That they didn't have the tools nor was it a service they provided, and there was no charge.

When things seem to fall apart, stillness allows me to recognize me to see that things are falling together in the present moments of creation. As I become more still in mind, peace floods into my earthly awareness.

Psalms 46:10 says "Be still and know that I am God". Manifesting that verse into the physical is to be still and know I am. Stillness is to know yourself, to know god, to know yourself. Our human experience is our classroom for soul growth. The ego likes to trick us into the idea that things happen to us, when things just happen.

Placing us in a victim mentality to chain us to our emotions, not taking responsibility for ourselves. The stillness is heaven on earth.

"To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment." -Eckhart Tolle



Stillness and Dharma Mari Hamersley

When I received my Dharma Report several years ago, I was so excited to discover what I could give to the world and humanity. And I was not surprised to hear my Dharma was Service. After all, I had been following my inner urge to give all my life. Yet there was so much more for me to know--how to balance it, to truly serve in a higher capacity. Here is some of what the intuitive report revealed.

Service was defined as the urge to for giving and receiving. It related lifetimes where healing was employed.

“Healing, the transference of energies, has given this one a very strong sense of the value of giving, the offering of energies. However, there has not been the cultivation of receiving as much as there has been of the giving. For this one to fulfill the dharma, there needs to be a flow created of both the giving and the receiving in order for this to occur.”

I didn’t understand how to cause the flow and the report answered my question in this way.

“It is the fear, in this instance, that does interrupt the flow of movement. Therefore, there is a tendency for this one to be aggressive and to fear stilling the mind. It is the stilling of the mind that does afford the capacity for the receiving to come in and to fulfill the dharma. The greater awareness of the dharma will come as this one begins to explore the nature of receptivity, openness to the desires and intentions of another. Then the service can be given. This one can build this within the present time period, where this one stills the mind in order to receive from another what their needs are, then, and only then, this one can begin to become aggressive in what this one possesses that might aid another.”

7-30-2000-BGC-2

I took these words to heart and over and over gained strength in stilling my mind, and it has continually opened new opportunities to truly fulfill my dharma.



All Student Weekend





Kylee (from OKC) on the Peace Dome crew: “My intention for the weekend was to be receptive and learning how to receive through service. I’ve been focused on breathing, communication, and have been journaling.”

Dede (from Palatine) on the food prep crew: “I experienced internal stillness even while working. I am applying what I’ve learned at the School of Metaphysics to things I’m doing. Everything is alright. I’m not anxious.”



Sherwin (from Bolingbrook) on the fire crew: “I’m very full and want to empty myself. My work is an opportunity to be still so that I can put love into our food.”





Nihar (from Springfield) on the gate painting crew: “I experienced stillness through practicing the candle exercise at the campfire with Charlie. I see that stillness is a side effect of awareness.”



Henry (from) on the main building maintenance crew: “Projects that engulf me and still my mind become a stillness project.”



Marie (from OKC) on the drywall crew: “I’ve been experiencing the moment rather than stressing about getting it done. I’m still enough to enjoy the people I work with.”



Kate (from Columbia) on the Vibes crew: “I’m an active person. My thoughts are always on overdrive. I feel like I’m a human doer, and I want to know myself as a human being. I want to know who the eternal me is.”

Kat (from OKC) on the Windyville house crew: “I’m learning to be still and not jump into action. I am placing my intention with love and seeing the whole picture.”



Charlie (from Springfield) on the orchard crew: “I’m experiencing so much peace just being in nature. I haven’t seen the stars outside the city in a decade. It’s like being still with all the Universe at one time.”



Crystal (from OKC) on the orchard crew: “I feel stillness in my mind when my body is pulling weeds - my hands are focused and my mind is receptive.”

**A bird's eye view of the love
being shown to our
beautiful campus!**





First Cycle Graduates

**Ellen Quinn from Bolingbrook
Kat Ram from Oklahoma City
Kat Brinkley from Oklahoma City
Nikki Collins from Oklahoma City**

SOM
WEDNESDAY DREAM WEBINARS
Hosts & Dreamologists
Weekly Schedule

Weekly Hosts (Up-front & behind the scenes)
Mike M.... Doug S.... Marcus....Sherwin R.

By-Weekly Dreamologists
Dream Interpreters = Christine Spretnjak, Dani Fallon, Kat Brinkley
Assistant Dream Interpreters = Zack-KC., Kim Clarkson-Springfield., Kate Wagoner-Columbia,

Each week we will have a Host, Two Dream Interpreters, & an Assistant Dream Interpreters... to serve the public with dream interpretations and Universal Language of Mind Edu.

During the next 12 weeks we will follow this schedule
of branch guest-participation in Wednesday Dream Webinars
Each branch is expected to have their teachers and selected students
participate in interpreting the public dreams during our webinar.

July 20th.... Interpreters: Christine S. / Dani Fallon ... Assistant: Kim C ... Co-Host: Palatine Branch

July 27th.... Interpreters: Kat OKC ... Assistant: Kate W ... Co-Host: Chicago Branch

Aug. 3rd.... Interpreters: Christine S. / Dani Fallon ... Assistant: Zack __ Co-Host: Indianapolis Branch

Aug. 10th... Interpreters: Kat Brinkley ... Assistant: Kim C.... Co-Host: Maplewood Branch

Aug. 17th... Interpreters: Christine S. / Dani Fallon ... Assistant: Kate W.... Co-Host: Columbia Branch

Aug. 24th.. Interpreters: Kat Brinkley ... Assistant: Zack__ Co-Host: Oklahoma City Branch

Sept. 6th ... Interpreters: Christine S. / Dani Fallon ... Assistant: Kim C.... Co-Host: Tulsa Branch

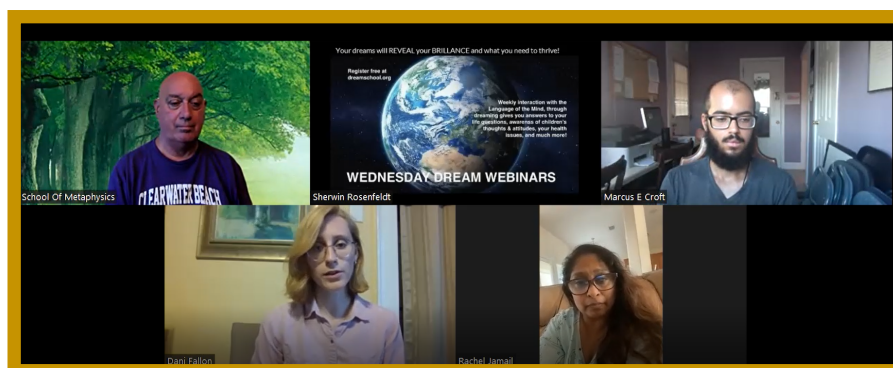
Sept. 13th.. Interpreters: Kat Brinkley... Assistant: Kate W... Co-Host: Des Moines Branch

Sept. 20th... Interpreters: Christine S. / Dani Fallon ... Assistant: Zack__ Co-Host: Kansas City Branch

Sept. 27th... Interpreters: Kat Brinkley... Assistant: Kim C.... Co-Host: Bolingbrook Branch

Oct. 4th ... Interpreters: Christine S. / Dani Fallon... Assistant: Kate W.... Co-Hosts: Springfield Branch

Oct. 11th... Interpreters: Kat Brinkley... Assistant: Zack__ Co-Hosts: Dallas Branch



Still Mind Weekend

October 28th, 29th, and 30th, 2022



Being in silent stillness in nature with the sacred geometric forms and in the Peace Dome. Meditate in all these places.
Have fun, enjoy and be fulfilled.

A Weekend Devoted to Stillness

in the beautiful autumn at the College of Metaphysics!

This weekend is for you and open to School of Metaphysics students at lesson 8 and above.

If you are wanting to participate in this weekend and experience the stillness of your mind, please write a paper entitled: **Why I Want A Still Mind.**

Be sure to mail it in so that it is at the College on or before the 25th of October. A tithe for the weekend should also be sent along with your paper.

All attendees are asked to arrive on Friday by 5:00 pm and stay through brunch on Sunday.

Participants should have participated in a prior event at the college to be eligible for this event.

This is a weekend like no other at the College of Metaphysics. Some have reported having experienced their deepest and most astounding meditation ever!



In Loving Light of the Heart,
Dr. Daniel R. Condron



The NEW MAITREYA ~ Master Students make Master Teachers

by Dr. Barbara O'Guinn Condron

What does it mean to 'Accelerate Evolution by Ushering in Intuitive, Spiritual Man'?

That's been a contemplation for SOM students since the early 1970s.

It was a vision my heart opened to when I first heard Dr. Jerry Rothermel speak about the power of the mind and those invisible Universal Laws guiding creation. When he spoke of how subconscious mind communicates to the conscious mind through a 'Universal Language of Mind', my consciousness opened.

It was like he placed a virtual reality headset on my head, long before they such devices were known to exist. The ancients would have called it Shaktipat, for the Kundalini did indeed rise, and metaphysics became personal. Real. A soul connection. One that continues to today.

I share this with you because this is the month the School of Metaphysics embraces 49 years of earthly presence and begins it climb to its GOLDEN anniversary. Hmmm, what does gold symbolize in dreams? In the Bible and other spiritual teachings?

And what is gold worth in the physical, outer world? As I write today, gold is traded on the world market for \$1,686.00 per ounce. Let's make it personal ... a 26 inch gold necklace chain will usually be a quarter to half an ounce. An ounce of gold would pay for a comfortable living abode in the US.

This month is the SOM's 49th anniversary. It is one shared by generations of students and lineages of teachers who have, for however long, responded to an inner urge to share the best of what they have learned with others. The treasures they have made in their own heaven. The gold.

In my constant ascension, year after year, I have experienced and witnessed a wonderfilled journey that is both human and divine. It is a froth with births and deaths and rebirths, all matter of movement that fills space to empty it. Empties space to fill anew.

In my search to honor the space the School of Metaphysics holds in the universe, the part that is not so personal but much more transpersonal, across all forms of the living, I look to the heavens to connect the earth. And what do I find?

Indicators.

When SOM began an astrology chart was drawn up for our study and reflection. On this occasion, I share something that is providing me with deeper respect, reverence, and reflection upon the nature of SOM itself.

I offer for your consideration part of an image of the interactive factors influencing the entity known as 'the School of Metaphysics' as illustrated in a system known as Gene Keys. Like astrology, this is a tool for consciousness evolution and personal growth.

When I first saw this profile, I was astounded! A series of mental images were illuminated as if on a technological grid. But this image was not one made by an external computer. It was not one made for me, it was one internally generated, made of part conscious memory and part subconscious memory. Part reason, part intuition.

Hundreds of events -
from first night class and graduations,
from bake sales and dinner theaters,
from painting buildings and inflating
monolithic domes,
from planting peace poles and
planting lettuce,
from book clubs and online
covenant readings,

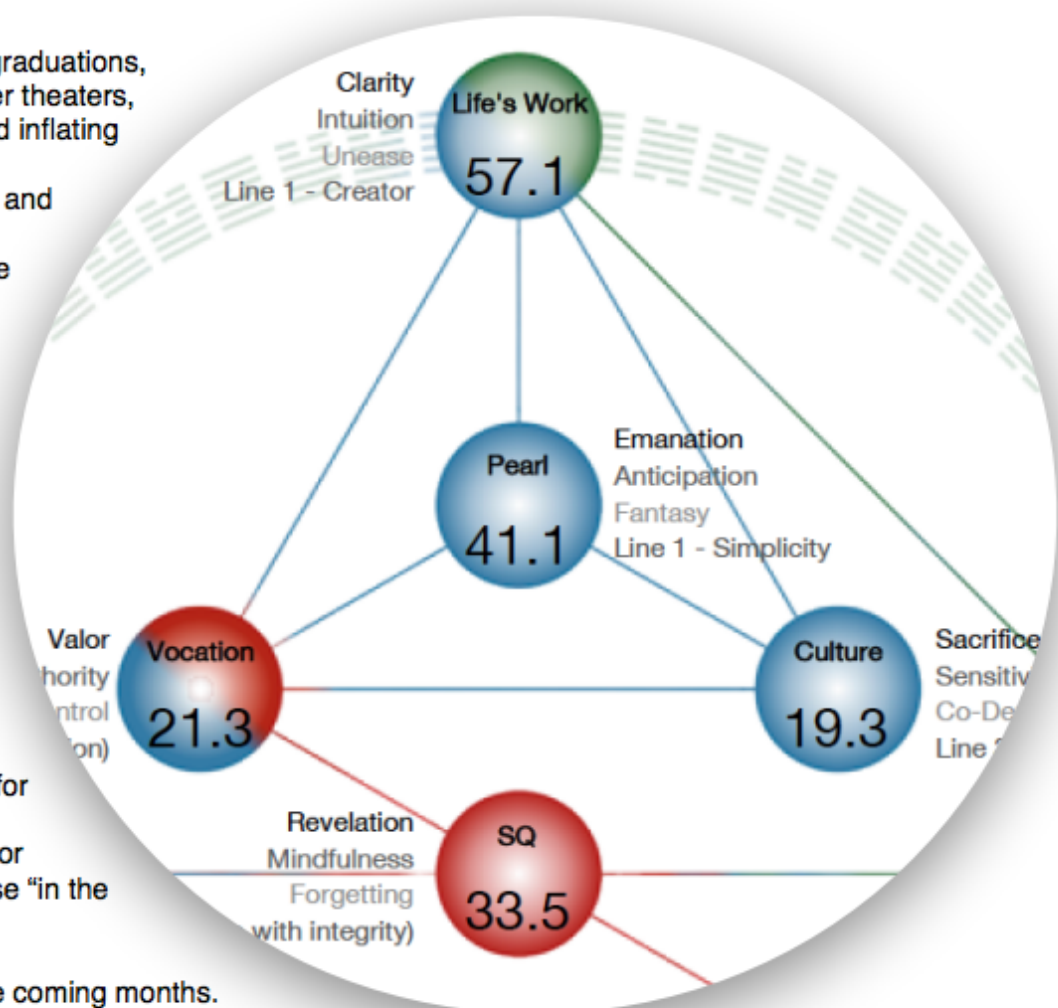
on and on and on the
'story' of SOM's
unfolding has been
written in the hearts and
minds.

You can see it in the
Gene Key mapping of
the influences that
activate when people
enter 'THE FIELD'. And
perhaps, when allowed, it
can become a focal point for
personal, interpersonal,
transpersonal interaction for
manifesting SOM's purpose "in the
world, and not of it."

We'll explore it more in the coming months.

Thank you for reading.
Thank you for listening.
Thank you for responding.

Satyagraha
drB



SUGGESTED MONTHLY THEMES for BRANCH VIBES REPORTS

To Inspire Vibes Reports from the Branches each Month
the Teachers at the National Teachers Meeting Decided to select
Suggested Themes
to encourage every branches participation each month.

All reports are due to www.vibes@som.org by the first of the month
Please submit pics with your articles.
Share what was learned!

January

New Intentions

February

Love and Kindness

March

Spring-Blossoming

April

Dreams

May

Creating with Others

June

Summer Fun

July

Freedom

August

Class in session

September

Collaboration

October

Stillness

Educational Events in 2022

Jan 7,8,9 General Assembly

**Feb 5 Area Teachers Meeting
Feb 18,19,20 3rd Weekend**

Mar 18,19,20 3rd Weekend

**Apr 1,2,3 National Teacher Meeting
Apr 15,16,17 3rd Weekend
Apr 22,23,24 National Dream Hotline**

May 20,21,22 3rd Weekend / All Student Weekend

Jun 17,18,19 3rd Weekend

Jul 15,16,17 3rd Weekend

**Aug 6th Area Teachers Meeting
Aug 19,20,21 3rd Weekend**

Sep 16,17,18 3rd Weekend / All Student Weekend

**Oct,7,8th, 9th National Teachers Meeting & 3rd Weekend
Oct 28,29,30 Still Mind Weekend**

Nov 18,19,20 3rd Weekend

**Dec 3rd Area Teachers Meeting
Dec 16,17,18 3rd Weekend / Bread Baking & Caroling
Dec 31st Universal Hour of Peace**

Jan 6,7,8th, 2023 General Assembly

Each time we come together to create the School of Metaphysics Vibrations Newsletter, we open our sessions with an opening projection. Afterwards we each align with the laws of creation and open the book, The Taraka Yoga of Kuan Yin by Gael O'Guinn, to receive the verse that is designed for each of us individually. Here are the numbers we received. Our collective vibration is



Devon Hoover: 47; Landing. "Beauty is an expectation arising in the finest substance in Mind, Carried along by the will responding to the inner call. Leadership arises unbidden in one caught up in rapture. Being, is the teacher; presence, the lesson."

Kate Wagoner; 80; Immortals. "Immortality begins in a mind full of what is. When you know what is, your reign begins. Your reign extends the power of the Mind's Light from Heaven to Earth. Everything changes in the Light of eternity."

Stella Lynn Boggio; 54 Consequence Fantasies are a daydream from which you awake. Only your conscience knows what endures. Call upon the outer minds as one, the marriage of truth is within, Living this Truth fortifies the heart and sweetens the dream.

School Branches

ILLINOIS

345 Manor Court • [Bolingbrook, Illinois](#) 60440 • (630) 739-1329

5021 W. Irving Park Road • [Chicago, Illinois](#) 60641 • (773) 427-0155

222 West Wilson • [Palatine, Illinois](#) 60067 • (847) 991-0140

INDIANA

6138 North Hillside • [Indianapolis, Indiana](#) 46220 • (317) 251-5285

IOWA

3715 University • [Des Moines, Iowa](#) 50311 • (515) 255-5570

KANSAS

4323 Rainbow Blvd • [Kansas City, Kansas](#) 66103 • (913) 236-9292

Missouri

103 West Broadway • [Columbia, Missouri](#) 65203 • (573) 449-8312

1033 E. Sunshine Street, Springfield, Missouri 65807 • (417) 831-0955

2606 Oakview Terrace • [Maplewood, Missouri](#) 63143 • (314) 645-0036

Oklahoma

908 NW 12th St • [Oklahoma City, Oklahoma](#) 73106 • (405) 228-0506

3355 S. Jamestown Ave • [Tulsa, Oklahoma](#) 74135 • (918) 749-8833

Texas 5832 Live Oak Street • [Dallas, Texas](#) 75214 • (214) 821-5406

School of Metaphysics Branch Locations
email to (cityname)@som.org

World Headquarters • 163 Moon Valley Rd. • Windyville, Missouri 65783 • (417) 345-8411

